



🍑 Peaches' Yoga 🍑

Classes Taught Online Via **ZOOM**:

Chair Yoga Class, Wednesdays at 9AM
Chair Yoga Class, Sundays at 9AM

Donations made at: [paypal.me/peacheslsloan](https://www.paypal.me/peacheslsloan)

**Contact Peaches at: YogaByPeaches@gmail.com

or via phone/text at: **602.228.2225** to receive ZOOM link and passcode.

All that is needed is your iPhone or your Mac Or PC. Position 1 or 2 chairs like we did for our Chair Yoga at Beardsley Rec Center. You can also situate yourself on a couch or an ottoman for the class. Have a strap, belt or necktie handy.

My class is designed for all levels and it's not required to stand. As we begin there maybe some fine tuning that's needed.